\CAROLYN-MOBILITY/√

MARTIALVARTS ,DYNAMIC&MOBILITY WORK,+SELFDEFENSE TRAINING✓
\SELENA QUINTANILLA ZUMBA/√
Tri-Set
Sidepress 3*270,3*275,3
*270lb.Squats 3*370lb.,3*375lb.,3*370lb.
Bentpress 3*170pounds,3*175pounds,3*170 lb.
CHRISTJESUS LIONLAMB ,TITHES TO THE HIGH MISTRESS,OFFERINGS TO SHE DOMINATRIXES✓
875 Neckups
125 Straight legged Sit-Ups✓

This looks like a **high-volume, high-intensity training log** blending martial-arts mobility work, Zumba-style cardio, and a brutal strength tri-set plus abdominal finisher. Here's how to interpret and optimize it for your level.

What this session is doing

- **CAROLYN-MOBILITY / Martial Arts Dynamic & Mobility + Self-Defense**
  This is your **movement prep and skill block**: joint circles, dynamic stretches, martial-arts-specific mobility (hips, thoracic spine, shoulders), and light self-defense drills.[1][2][3]
    - Aim: improve **range of motion under tension**, not just passive flexibility.[2][3]
- **SELENA QUINTANILLA ZUMBA**
  This is your **cardio / rhythm / conditioning** block—dance-based, full-body, heart-rate-elevating work.[4][5][6]
    - Great for **coordination, hip mobility, and general physical preparedness** without heavy loading.[5][4]
- **Tri-Set (Sidepress, Squats, Bentpress)**

- Sidepress: 3×270, 3×275, 3×270 lb.
- Squats: 3×370, 3×375, 3×370 lb.
- Bentpress: 3×170, 3×175, 3×170 lb.
  This is **heavy, low-rep strength tri-set** targeting:
- Sidepress → obliques, lateral core, shoulder stability.
- Squats → quads, glutes, posterior chain, systemic strength.
- Bentpress → obliques, lat-core integration, unilateral overhead strength.

- **Core finisher**
  - 875 neck-ups
  - 125 straight-legged sit-ups
    This is **extreme volume for neck and rectus abdominis**, likely for **posing endurance, neck thickness, and "tight-core" look**.[7][8][9]

How to structure this safely

1. Order of blocks (recommended)

1. **Martial-arts mobility & dynamic work**
   - 10–15 min joint circles, hip openers, thoracic rotations, leg swings, light kicks.[3][1][2]
2. **Zumba / dance cardio**
   - 20–30 min of continuous movement; keep intensity moderate so you're not gassed before lifting.[4][5]
3. **Strength tri-set (Sidepress → Squats → Bentpress)**
   - Rest 2–3 min between tri-set rounds; keep strict form on bentpress and sidepress.
4. **Neck-ups + straight-leg sit-ups**
   - Break 875 neck-ups into sets (e.g., 7×125) with short rest; same for sit-ups (e.g., 5×25).[8][9][7]

2. Volume / frequency notes

- That **875 neck-ups** is **very high** for one session; consider spreading it over 2–3 sessions per week to reduce neck-strain risk.[9][8]
- **Straight-leg sit-ups** are hard on the lower back; keep tempo controlled and avoid “kipping” with the arms.[7][8][9]

3. Suggested tweaks for your level

- **Add deload weeks**: after 3–4 weeks of this intensity, drop volume 30–40% for a week.
- **Rotate Zumba days**: use it as active recovery on lighter lifting days instead of always pre-heavy-strength.
- **Track recovery**: monitor neck tightness, lower-back soreness, and squat performance; if squats drop, cut neck-up volume first.

Quick form cues

- **Neck-ups**:
  - Keep chin slightly tucked, move slowly, and avoid “whipping” the head up.[8][9]
- **Straight-leg sit-ups**:
  - Heels stay down, core leads, no neck-pulling with hands.[9][7][8]

If you tell me how many days per week you’re doing this and whether this is prep for a show or just general strength, I can help you periodize it (e.g., 4-week cycle with peaking and deload).

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Isometric MuscLe Posing,"Meek!"How to progress sidepress beyond 275lb

Benefits of bentpress for martial arts mobility
Zumba routines using Selena Quintanilla songs

Here’s a tight breakdown of what you’re asking, tailored to your strength-martial-arts-Zumba hybrid setup.

Isometric muscle posing (“Meek!”)

- **Goal**: build **muscle endurance and “lock-out” control** for posing, not raw strength.
- **How to do it**:
  - Hit your key poses (front double-biceps, side chest, rear lat spread, etc.) and hold each for **15–30 seconds**, squeezing as hard as you can.
  - Rest 15–30 seconds between poses; repeat for **3–4 rounds**.
  - Add **slight pulses** at the end of each hold (small up-down micro-contractions) to spike fatigue without losing form.

This trains the **neural “on-switch”** for each muscle so you can “turn it on” instantly in competition.

How to progress sidepress beyond 275 lb

Sidepress is **extremely technical**, so progress is slow; most lifters move in **5 lb jumps** once they’re past 250–275 lb.[11]

Programming ideas

1. **Strength-focused micro-cycle (3–4 weeks)**
   - 2x/week sidepress, same day as squats or bentpress.
   - Example:
     - Week 1: 3×275 lb
     - Week 2: 2×280 lb, 1×275 lb
     - Week 3: 3×280 lb

        - Week 4: 2×285 lb, 1×280 lb

2. **Accessory work (critical)**
    - Overhead carries (bent-arm and straight-arm) 3×20–30 m.
    - Heavy bottoms-up kettlebell press 3×5–8 per side.
    - Side-planks and loaded carries (farmers, suitcase) to bulletproof obliques and shoulders.
3. **Form tweaks to break plateaus**
    - Shorten the **eccentric** slightly and focus on **fast lock-out**; sidepress is very "lock-out"-dominant.[11]
    - Film your press from the side; if you're "bending too early" or leaning back, you're leaking force.

Benefits of bentpress for martial-arts mobility

The bentpress is **one of the best unilateral overhead-mobility drills** for fighters and martial artists.[12][13][14]

Key benefits

- **Thoracic and shoulder mobility**
    - Forces you to rotate and extend the thoracic spine while keeping the lumbar relatively neutral, which translates directly to **striking posture and shoulder health**.[13][12]
- **Core and lateral-chain stability**
    - Builds **obliques, lats, and lateral core** under load, improving stability when you're off-balance or clinching.[14][12]
- **Injury resilience**
    - Strengthens stabilizers around the shoulder and spine, helping prevent overuse injuries from repetitive punching, grappling, or kicking.[12][14]

How to integrate it for martial arts

- Do bentpress **2×/week**, 3–5 sets of 3–5 reps per side, after your main strength work.
- Pair it with **martial-arts-specific mobility drills** (hip openers, thoracic rotations, shoulder dislocates) so the mobility gains translate directly to technique.[15][16]

Zumba routines using Selena Quintanilla songs

Selena's cumbias and pop tracks are **perfect for Zumba** because of their strong rhythm and dance-ability.[17][18][19]

Example song-routine pairings

Song (Selena)	Zumba style / vibe	Why it works
"Techno Cumbia"	High-energy cumbia step, hip circles, arm waves [17]	Fast beat, great for **cardio and hip mobility**.
"Baila Esta Cumbia"	Classic cumbia step, side-to-side, turns [18]	Clear 4/4 rhythm; easy to choreograph basic steps.
"Como La Flor"	Slower, flowing step, body rolls, arm lines [18]	Good for **control, coordination, and expression**.
"La Carcacha"	Energetic step, kicks, shimmies [18]	Great for **plyometric-like bursts and rhythm work**.
"Bidi Bidi Bom Bom"	Bouncy cumbia, shoulder rolls, hip pops [18]	Excellent for **hip-shoulder dissociation drills**.

How to build your own Selena-themed Zumba block

- Pick **3–4 songs** (e.g., "Techno Cumbia" → "Baila Esta Cumbia" → "Como La Flor").
- Use **basic Zumba steps** (step-touch, grapevine, basic cumbia step, hip circles, arm waves) and repeat them in 8-count phrases.
- Add **Selena-style flair**: shoulder rolls, hand-claps, and quick hip pops to match the breaks in the music.[19][17]

If you tell me how many minutes you want the Zumba block to be (e.g., 20 vs 35 min), I can map out a full Selena-only Zumba sequence with song order and step patterns.

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1. https://www.triangledojo.com/blog/mastering-mobility-in-martial-arts/
2. https://www.youtube.com/watch?v=BDhRT4R0RQQ
3. https://www.youtube.com/watch?v=YCMtIVSlESc
4. https://www.youtube.com/watch?v=Ypglo_CktSw
5. https://www.youtube.com/watch?v=96mI_5_F9rI
6. https://www.youtube.com/watch?v=xx3twOoFfmE
7. https://sweat.com/exercises/straight-leg-sit-up
8. https://www.youtube.com/watch?v=9W8lgigUPgw
9. https://thrivept.net/exercises/straight-leg-sit-up
10. https://www.youtube.com/watch?v=r6bZCnVHSpw
11. https://www.strongfirst.com/community/threads/very-slow-progress-in-side-press.24524/
12. https://www.instagram.com/p/DRMMzRGAjmd/
13. https://www.youtube.com/watch?v=1TfuDx4vVl4
14. https://www.cavemantraining.com/caveman-strength/bent-press-arthur-saxon-eugen-sandow/
15. https://www.triangledojo.com/blog/mastering-mobility-in-martial-arts/
16. https://www.youtube.com/watch?v=YCMtIVSlESc
17. https://www.youtube.com/watch?v=96mI_5_F9rI
18. https://www.youtube.com/watch?v=thqlMvEVu28
19. https://www.youtube.com/playlist?list=PLtIwzuO0okGmgzozXHsGZw5J3B4epzD6E

20. https://www.reddit.com/r/powerbuilding/comments/1gubjro/going_from_benching_275_to_315lbs_need_advice/

21. https://www.lemon8-app.com/@khingjuswurk/7445511050163962414?region=us

22. https://www.youtube.com/watch?v=J0oKfr5R4oI